

The Common Loaf – recipe for 1 loaf ©riotrye

The rye starter should be quite vibrant now with about 12 or so days of refreshments; with an abundance and a strong ecology of beneficial bacteria and wild yeasts.

This is an adaptation of The Common Loaf recipe. Although the method will be exactly the same, the measurements will be different. The recipe used in the video makes 2 x 750g loaves, this recipe will 1 x 800g.

Ingredients

390g organic strong white flour

260g lukewarm water (about 22 Deg C)

150g fresh ripe wholemeal rye sourdough starter

10g sea salt

Method

10-14 hours before you wish to start baking, instead of discarding any starter you will build the levain. Levain is the term given to the production starter, so more attention is given to the time it's refreshed, what temperature it ferments at and the quantity there is.

Add 75g of organic wholemeal rye flour and 75g of water to the starter. Mix and leave to ferment at room temperature. This will give you enough starter for making your bread and some left over which you can maintain and use to make fresh sourdough for ever more! It is best not to ferment the levain in a hot press as it can over-ferment.

Follow The Common Loaf video which demonstrates and talks you through the whole process from start to finish and will enable you to stop and start as you proceed through making the bread.

It will take you 2.5-3 hrs to develop the dough from mixing to shaping.

The dough can then be left out on a counter to prove and should be ready to bake 2–3 hrs later or put into the fridge after shaping and baked off sometime in the next 24 hrs.



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Storing and maintaining the starter

After you have taken the 150g of fresh ripe wholemeal rye starter out to put into your recipe, the remaining starter should be put into the fridge and stored until you wish to bake again.

If you plan to bake again within 7-10 days, you will only have to refresh the starter 10–14 hours before you wish to mix the dough.

You can leave the remaining starter in the fridge and then 10–14 hours before you wish to make more dough, remove the starter from the fridge and follow the instruction as above.

Happy baking!



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